



CLINICAL TRIAL FOR TREATMENT OF UNIPOLAR MELANCHOLIC DEPRESSION

The Black Dog Institute is running a treatment based clinical trial for melancholic depression. As consistent with the Black Dog Institute's model, this study will investigate the distinct treatment required to alleviate the debilitating effects of melancholic depression. This study will allocate each participant to a treatment group, either: individual Cognitive Behavioural Therapy OR SSRI antidepressant alone OR a sequencing drug based algorithm.

WE ARE SEEKING PARTICIPANTS WHO ARE CURRENTLY SUFFERING FROM MELANCHOLIC DEPRESSION

To ascertain if your patient is suffering from melancholic depression please consider that: melancholic depression is a very “physical” type of depression – the patient feels slowed down and/or agitated, lacks energy (finding it hard to get out of bed in the morning), has impaired concentration, and their mood is usually anhedonic or non-reactive. There is usually a family history of depression.

To be eligible for the study, participants must meet the following criteria:

- aged between 18 and 60 years old
- currently not being treated for melancholic depression (i.e. Cognitive Behavioural Therapy, or taking any psychotropic medication)
 - no antidepressant drug in the last 12 months
- previously not failed more than one antidepressant treatment trial
 - not undergone CBT treatment for at least five years
- duration of current melancholic episode is greater than four weeks, and less than two years
 - no diagnosis of Bipolar Disorder
 - patient is not substance dependent
- patient can attend the Black Dog Institute weekly for twelve weeks

To refer a patient or for further information please contact Bianca Blanch via phone, (02) 9382 9268, or email, melancholicstudy@unsw.edu.au